

Chainwheel Chatter

The Monthly newsletter of B.I.K.E.S. Club of Snohomish County

Your Snohomish County Cycling Club

OCTOBER 2017
VOL. 457

[Next B.I.K.E.S. Club meeting on Oct. 12th @ 7:00 pm](#)

Prez Sez

RIDE GUIDE

Keep Riding!

I am writing this on a beautiful fall day – the kind where you don’t need fenders. We had a wonderful summer for biking in the Northwest, and I know many members had great adventures on two wheels near and far.

The fun doesn’t have to stop here. Starting soon is the [Coffeeneuring Challenge](#), an excuse to ride your bike to 7 different coffee shops over 6 weeks. Many members have participated in the past – and earned the patch! Post your photos to our Facebook group to remind the rest of us that wheels still roll (and coffee can perk) after September. Then in November, you can try the [Ride in the Rain Challenge](#).

Finally, we are organizing a BIKES Club group to participate in [the Merrysville for the Holidays Parade](#) on Dec. 2. Once your bike is lighted and decorated for the parade, you’ll be sure to want to show it off for the rest of the month (even if you can’t outshine Bill Weber’s bike decorations).

See you out there sometime – rain or shine :)

Kristin Kinnamon, President

PACE

Easy	under 10 mph
Social	10–12 mph
Steady	12-14 mph
Moderate	14-16 mph
Brisk	16-18 mph
Strenuous	> 18 mph

TERRAIN

“A” Mostly flat: Flat or gentle grades only (trails, Norman Rd)

“B” Rolling: Most climbs are short and easy (Granite Falls, Kitsap)

“C” Hills: Frequent steep-er and/or longer hills (Whidbey Island)

“D” Difficult: Many hills, long, steep grades (RAMROD, Mt. pass)

Pace is based on speed on flat ground. Contact the Ride Leader if you are unsure whether a ride is right for you.



Pedal Pushers

B.I.K.E.S. partners with the Lynnwood Senior Center to welcome and encourage older adults to bicycling. Bring your bike if you like and we'll do minor fit and safety checks. **Lynnwood Senior Center** Wednesdays. See the [Rides calendar](#) for details.

NEWS YOU CAN USE!!

Club Meeting Oct. 12

Come to our October meeting and help us give away money. We'll be reviewing grant requests for \$5,000 in McClinchy profits that we have designated to give back to community bike projects. Join us for dinner before the meeting around 5:30 at El Paraiso Mexican Grill, 2811 Colby. Meeting at 7 p.m. at PUD, 2320 California St., Everett.

Sharing Wheels: Fix Kids Bikes Oct. 22

Sharing Wheels has had a long-time partnership with Christmas House in Everett. The **goal each fall is to fix up 100 kids bikes** for the low-income kids they serve. BIKES has been a long-time partner and supporter of this effort - through grant money, and also through volunteer time.

Work parties to repair kids bikes (<https://sharingwheels.wordpress.com/events/christmas-house-kids-bikes/>) start Oct. 5 and continue on select Thursday nights and Sundays through November. People of all skills are needed - you can help fix flats and clean bikes, or change cables and adjust brakes.

B.I.K.E.S. members are invited to a special work party for Christmas House on Sunday, Oct. 22 from 11 to 3. Join us at the shop, and feel free to bring a friend, a kid, or a grandkid who can help with your supervision. Sharing Wheels is located at 2531 Broadway, Everett. Entrance and parking are at the back. *Dress warmly as the shop is warmed only by our hearts.*



B.I.K.E.S.-Membership P.O. Box 5242, Everett WA 98206

Name _____

Address _____

City _____ State _____ Zip _____

Telephone (____) _____ - _____ Email _____

Membership	\$20 Annual (INDIVIDUAL)	New Member	<input type="checkbox"/>
DUES	\$25 Annually (FAMILY)	Renewal	<input type="checkbox"/>

Member benefits: 10% discount at local bike shops with your member card (see website for list), low-cost bike box and trailer rentals, Frequent Rider Club, monthly newsletter, social and advocacy activities.

NEWS YOU CAN USE!!

September 14th 2017

Bikes Club of Snohomish County

Meeting Minutes

In attendance: Kristin Kinnamon, Warren Bare, Kathy Riddle, Dan Scott, Cindy Proctor, Rick Proctor, Bill Weber, Dave Fox, Mike Dahlstrom, Kay Peterson, Gabriel Rinkes, Bob Getz.

Kristin opened the meeting by asking members to share a memorable summer ride experience.

Kristin gave the budget report (see attached)

We discussed putting the budget report and meeting minutes online.

Members discussed the amount to set aside for community grants this year. Bill Weber made a motion to approve up to \$5,000 in grant money. Dan Scott seconded this motion, and motion was passed.

Some discussion about was made about setting aside money for traditional recipients of past grants, the Sharing Wheels organization and Christmas House. Discussion was tabled for future meeting.

Centennial Trail Coalition news was shared by Rick Proctor and it was suggested that Bikes Club might consider sending a letter to the Coalition requesting that they put up street signs at intersections along the trail.

McClinchy Mile date for 2018 is April 29th. Members discussed venue, routes, finish line party, and whether to produce a jersey for next year and what the premium might be. It was decided that we would produce a tech t-shirt and maybe socks as a gift for early sign up next year. Routes remain the same and the start/finish line will be the same.

Upcoming events:

October 12th is the next Club Meeting.

November 9th Club Meeting we will have a special E-Bike presentation.

December 8th (Friday) is the Club Christmas Party at the Waltz House in Snohomish.

December 2nd is the Marysville Holiday Parade, and Kristin discussed having members of the Bikes Club participate in this event.

Meeting adjourned.

Tell us what you think! Fact or Fiction? Do you use a flashing headlight? What about the ones I see on motorcycles?

Bicycle Lighting In Washington State

<p style="text-align: center; margin: 0;">MANDATORY:</p> <p>Headlight</p> <ul style="list-style-type: none"> ✓ White light ✓ Visible at least 500 feet to the front <p>Rear Reflector</p> <ul style="list-style-type: none"> ✓ Red ✓ Visible at least 600 feet under low-beam headlights (must not be obstructed by bags or cargo) 	<p style="text-align: center; margin: 0;">OPTIONAL:</p> <p>Tail Light(s)</p> <ul style="list-style-type: none"> ✓ Red light ✓ Steady or blinking ✓ May be used <i>in addition</i> to reflector, but reflector still required <p>Other lights & reflectors</p> <ul style="list-style-type: none"> ✓ Improve visibility ✓ Provide redundancy 	<p style="text-align: center; margin: 0;">PROHIBITED:</p> <p>✗ Red front light</p> <p><small>[RCW 46.37.280 (2)] Red tells drivers that's the BACK of your bike.</small></p> <p>✗ Flashing Headlights</p> <p><small>[RCW 46.37.280 (3)] High glare, hard to track, may cause seizures/migraines.</small></p> <p>✗ Blue or Green lights</p> <p><small>Colors reserved for emergency vehicles</small></p>
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Be safe... Be seen!

October Rides: Weekends & Weekdays

WEEKEND RIDES

Be sure to check the "[Ride Updates](#)" page for any added or changed weekend rides! We hope the weather will improve and we will all be able to get out and RIDE, RIDE, RIDE!

Sunday, October 15th - [Swan's Trail Farm Ride](#)

Meet at Bicycle Centre at Silver Lake 9:45 for 10 am start. A 33 mile ride into the Snohomish Valley, along the River Road. Stop at about the halfway point for an optional lunch/snack at Swans Trail Farm on River Road. They have a pumpkin farm, apples, donuts, kettle corn, and much more... you can also bring your own lunch/snack if you'd like. Info on farm at: <http://www.thefarm1.com/index.htm> High social/low steady pace (12-13 mph on the flats), A and B terrain. Ride with GPS link: <https://ridewithgps.com/routes/25394701>. Rain will cancel the ride, check on Ride Updates page before you leave! Ride leader Cindy Proctor, 425-293-3152.

Sunday October 15th - [Chuckanut Drive/Lake Samish Loop](#)

33 miles, hilly terrain, low moderate pace. Start in Bellingham's Fairhaven district at Post Point Park. Ready to roll by 10:30. Bring snacks, eat afterwards in town. Steady rain cancels. RSVP Dan Scott 425-501-6198 by 10/14/17

Sunday, October 22nd - [Top Pot Sunday Morning Ride, Mill Creek](#)

Meet at McCollum Park and Ride at 9:45 (for a 10 am start) near the pool for a gentle 17 mile Sunday morning social pace "easy ride". Through the Mill Creek area, A and just a little B, mostly gentle climbs. Stop at Top Pot for a Sunday morning treat and then return. Social pace, 10-11 mph on the flats. Rain cancels, check ride updates! Ride leader Cindy Proctor, 425-293-3152

Sunday, October 22nd - [Hidden Gems Skagit Revisited](#)

Missed the first one? Meet in Burlington near the Home Depot for a 10:30 start. 35+ miles, steady pace, some hills. Bring snacks, eat afterwards. Steady rain cancels. RSVP Dan Scott 425-501-6198 by 10/20/17

Saturday, October 28, Edmonds – [Green Lake Loop](#)

Meet at the corner of 5th Ave S and Elm Way in downtown Edmonds for a 10am start. We'll ride on street and Interurban Trail to Green Lake, around the lake, and return. Approximately 25 miles, Moderate pace, A & B terrain (we have to climb out of Edmonds). Coffee break at Green Lake. Ride leader Debby Grant, 206 353-0249 or debby@jaygrant.com. **NOTE THE ORIGINAL DATE WAS OCTOBER 14TH! THE LINK MAY NOT WORK IF THE CALENDAR IS UPDATED!

WEEKDAY RIDES

Wednesday, October 4th – [Pedal Pushers Ride Padilla Bay to Anacortes](#)

Meet at Second Rd. near Bay View State Park at 9:15am for a 9:30am start. We'll pedal the Padilla Bay trail along the water and then on into Anacortes. RT 28 or 18 miles, Social pace, A terrain on level road and paved trail. Snack break at Gere-a-Deli in Anacortes. Rain cancels, check the Ride Updates page. Ride leader Nancy Graham, (425) 493-1952 or nancycycles@gmail.com. Google map to the start <https://goo.gl/maps/StJYCAVDtT2>

Tuesdays October 10th, 17th, 24th, 31st: (no ride this month on Tuesday the 3rd)

[Tuesday Moderate Ride – 10 am start](#)

Meet a few minutes early at Silver Lake Bicycle Centre for a 10 am start. Moderate pace group (14 – 16 mph) 25 or so miles, A/B terrain. Loop ride routes vary. Mid-ride break with optional lunch and/or coffee after the ride. Ride leader Rick Proctor 425-293-3153. Ice, snow, or steady rain cancels. Check the Rides Updates page or call/text if in doubt.

[Tuesday Ride \(Social Pace\)](#)

Meet at Bicycle Centre Silver Lake, at 9:45 for a 10:00 a.m. start. Mileage will vary between 18-22 miles, A and B terrain in the Mill Creek residential area. We will meet for lunch/coffee after the ride between 12:30 and 1:00 p.m., varying locations. Expected pace to be between 10-12 mph, and you should have a bike in good working order, tires inflated. Even though "social paced" this is not a "beginner" ride, as we do quite a bit of elevation gain on this route - between 800-1000 feet. Rain showers may cancel, be sure to check ride updates. Rider leader Cindy Proctor. 425-293-3152

Wednesday, October 11 – [Pedal Pushers Ride Sammamish River Trail](#)

Meet at Log Boom Park at 9:45am for a 10am start. We'll ride a short way on Burke Gilman Trail to Sammamish River Trail and head toward Redmond and return. RT about 28 miles, Social pace, A terrain on level paved trail. We'll take a food break at the turn around; bring food or money to purchase. Rain may cancel, check the Ride Updates page. Ride leader Ron Andersen, 425 742-5508 or ronk22446b@gmail.com.

Thursday October 12th:- [North Seattle Parks Loop – Revised](#)

Meet at Green Lake Park restrooms at SSW end of the lake (6200 West Green Lake Way N) a few minutes early for a 10am start. Loop ride on trails and streets near Puget Sound through Greenwood Park, Golden Gardens, Chittenden Locks, Discovery Park, Gas Works Park, Kerry Park via Queen Anne hill, UW, and Ravenna Park. We will walk the bikes through Chittenden Locks area (1/2 mile). We will forage for coffee / lunch along the way. 32 miles, moderate pace (14 – 16 mph), A & B terrain with 1,900 feet of elevation gain. Ride leader Rick Proctor 425-293-3153. Ice, snow or steady rain cancels. Check the Ride Updates page or call/text if in doubt. Ride With GPS link: <https://ridewithgps.com/routes/23333989>

Thursday October 19th:

[McCollum – Mukilteo – Everett Loop](#)

Meet a few minutes early at McCollum Park west parking lot for a 10am start. Loop ride through Harbour Point, Mukilteo, and Everett. Coffee / lunch along the Everett waterfront. 33 miles, moderate pace (14 – 16 mph), A & B terrain with 1,800 feet of elevation gain. Ride leader Rick Proctor 425-293-3153. Ice, snow or steady rain cancels. Check the Ride Updates page or call/text if in doubt. Ride With GPS link: <https://ridewithgps.com/routes/14651038>

Friday October 13th

[Barlow Pass](#)

40 miles out & back. Steady pace, but this route lends itself to multi paces, and/or shortening your route. Bring food for eating at the Big Four Ice Cave picnic area on the return. 10:30 start parking across from the Verlot visitor center. Steady rain cancels. RSVP Dan & Elaine Scott 425-501-6198

Thursday October 26th:

[Giro di Sentieri](#)

Meet a few minutes early at McCollum Park west parking lot for a 10am start. Loop ride including sections of the Interurban, Burke-Gilman, Sammamish River, and North Creek trails and interconnecting streets. Coffee, lunch, and rest stops expected. 34 miles, moderate pace (14 – 16 mph), A & B terrain with 1,600 feet of elevation gain. Ride leader Rick Proctor 425-293-3153. Ice, snow, or steady rain cancels, check the Rides Updates page or call/text if in doubt. Ride With GPS link: <https://ridewithgps.com/routes/20265589>

Ride Pics from the B.I.K.E.S. Club Members!



September had many great rides! Thank you to all who posted photos of what we love to do...RIDE OUR B.I.K.E.S.!

If you would like to see your pictures in the newsletter you can send them directly to editor@bikesclub.org or post them on the [BIKES Club Facebook Page](#)!

Facebook!

Club members -- join [BIKES' Facebook group](#). We've set the page up to share photos, ride reviews, bike or travel discussions, etc. Thanks to Dan Scott for managing our page, and to the many members who contribute interesting posts.



[Check the Road Condition Before You Go!](#)

[Snohomish County Roads Central Updates](#)

[WSDOT Weekly Snohomish County Roads Weekly Update](#)

